INVENTORY FOR PERSONAL GOAL SETTING

This form is designed to help you describe how you relate to people now and to enable you to set some goals for personal growth. During the lab, this inventory (to whatever extent you want to share it) may help others be helpful to you in your pursuit of these goals.

For each of the statements below, place an X at an appropriate place on the line to designate where you are <u>now;</u> place an O on the line to designate where you <u>want</u> to be.

	TY TO LI		OTHERS I	N AN UNDE	RSTANDIN	G WAY Comp	letely	able
1	2	3	4	5 "	6 ×	7	8	<u>9</u> @
	NGNESS T		S FEELIN	GS WITH C	THERS	Comp1	etely wi	lling
1	2	3	4	5	6 X	7	8	<u> </u>
	ENESS OF letely u		LINGS OF	OTHERS		Comple	etely aw	are
1.	2	3	4	5 ×	6	7	8	90
	RSTANDIN nderstan		DO WHAT I	DO		Comp1	ete unde	erstandi
1	2	3	4	5 🗙	6	7 -	. 8	90
	RANCE OF tolerant		T AND ANI	AGONISM		Toler	ant	
1 .	- 2	3	4×	5	6	7	8	90
ACCE		F EXPRES	•	AFFECTIO		ARMTH AM Readi	ONG OTH	ERS
1	2	3	4	5×	6	70	8	9
ACCE				MY BEHAV			ming	
1	2	3	4	5 🗙	6	7	8	9⊘

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8.		NESS TO ely Susp	Completely trusting							
	1	2	3	4	5X' O	6	7	8	9	
9.		TO INFI ely unab		Completely able						
	1	2	3	4	5 * X	6	7	8	90	
10.		NS WITH competit		Wholly cooperative						
	1	2	3	4	5 × 0	6	7	8 ;	9	
11.		Y TO SEE to wait	TIES	Always searching						
	1	2	3	4	5 X	6	70	8	9	
12. BREADTH OF FOCUS Intensive narrow focus							Extensive wide search for solutions and understanding			
	1	2	3	4	5	6 ×	70	88	9	
13.	SPEED OF DECISION Defer judgment as long as possible							Decide as quickly as possible		
	1	2	3	4	5×0	6	7	8	9	
14.	OBJECTIVE VS. INTUITIVE Rely exclusively on <u>feelings</u> not facts							Rely exclusively on facts, not feelings		
	1	2	3	4	5 X O	6	7	88	9	
15.	IMPULSIVITY I think before I speak						Speak	before I	think	
	1	2	3	4X0	5 ^	6	7	8	9	
	IMITATION VS. SELF-PROBLEM SOLVING Always solve problems for myself						Learn from o	exclusiv thers	ely	
	1 X	2	3 💍	4	5	6	7	8	9	

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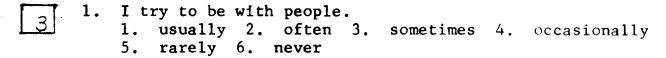
. INVENTORY FOR PERSONAL GOAL SETTING

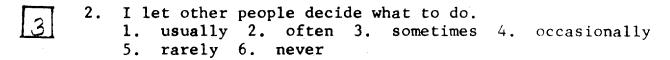
Page Three

17.	PERSIST Give up		ickly o	n tough p	problems		Never	give up	,	
	1	2	3	4	5	6	7 X O	8	9	
18.	18. SELF PROBLEM IDENTIFICATION Never see myself as part of the problem							Always see myself as a major part of the problem		
	1.	2	3	4	5 <i>X 0</i>	6	7	8	9_	
19.	9. INTERNAL-EXTERNAL FOCUS Completely controlled by my environment						by my	-	ontrolled Teelings	
	1	2	3	4	5 % 0	6	7	8	9	
20.	REACTIONS, SUCCESS-FAILURE Stimulated most by reproof, failure, negative feedback						praise	ated mo	ess,	
	1	2	3	4	5 X O	6	7	8	9_	

<u>F I R O - B</u>

Please place number of the answer that best applies to you in the box at the left of the statement. Please be as honest as you can.





	3.	I join social groups.			÷	
[3]		I join social groups. 1. usually 2. often	3.	sometimes	4.	occasionally
		rarely 6. never				

- 4. I try to have close relationships with people.
 1. usually 2. often 3. sometimes 4. occasionally
 5. rarely 6. never
- 5. I tend to join social organizations when I have an opportunity.
 1. usually 2. often 3. sometimes 4. occasionally 5. rarely
 6. never
- 6. I let other people strongly influence my actions.
 1. usually 2. often 3. sometimes 4. occasionally 5. rarely
 6. never
- 7. I try to be included in informal social activities,
 1. usually 2. often 3. sometimes 4. occasionally 5. rarely
 6. never
- 8. I try to have close, personal relationships with people.
 1. usually 2. often 3. sometimes 4. occasionally 5. rarely
 6. never
- 9. I try to include other people in my plans.
 1. usually 2. often 3. sometimes 4. occasionally 5. rarely
 6. never
- 10. I let other people control my actions.
 1. usually 2. often 3. sometimes 4. occasionally 5. rarely
 6. never

7 I R O. Page 2 I try to have people around me. 11. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 6. never I try to get close and personal with people. 12. 5 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 6. never When people are doing things together, I tend to join them. 13. 3 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 6. never I am easily led by people. 14. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 6. never I try to avoid being alone. 15. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 6. never I try to participate in group activities. 16. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 6. never PLEASE BE AS HONEST AS YOU CAN I try to be friendly to people. 17. 2. many 3. some 4. a few 3. one or two 6. nobody 1. most 1 people people people people people I let other people decide what to do. 18. 2. many 3. some 4. a few 5. one or two 6. nobody 1. most 3 people people people people people My personal relations with people are cool and distant. 19. 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people people I let other people take charge of things. 20. 2. many 3. some 4. a few 5. one or two 6. nobody 1. most people people people people people I try to have close relationships with people. 21. 2. many 3. some 4. a few 5. one or two 6. nobody 1. most people people people people people I let other people strongly influence my actions. 22. 2. many 3. some 4. a few 5. one or two 6. nobody 1. most people people people people people

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FIRO, Page 3

- 23. I try to get close and personal with people.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 24. I let other people control my actions.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 25. I act cool and distant with people.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 26. I am easily led by people.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 27. I try to have close, personal relationships with people.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 28. I like people to invite me to things.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 29. I like people to act close and personal with me.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 30. I try to influence strongly other people's actions.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 31. I like people to invite me to join in their activities.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 32. I like people to act close toward me.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 33. I try to take charge of things when I am with people.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 34. I like people to include me in their activities.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people

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- 35. I like people to act cool and distant toward me.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 36. I try to have other people do things the way I want them done.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 37. I like people to ask me to participate in their discussions.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 38. I like people to act friendly toward me.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 39. I like people to invite me to participate in their activities.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody people people people people
- 40. I like people to act distant toward me.

 1. most 2. many 3. some 4. a few 5. one or two 6. nobody
 people people people people

PLEASE REMEMBER TO BE AS HONEST AS YOU CAN

- 41. I try to be the dominant person when I am with people.
 1. usually 2. often 3. sometimes 4. occasionally 5. rarely
 6. never
- 42. I like people to invite me to things.
 1. usually 2. often 3. sometimes 4. occasionally 5. rarely
 6. never
- 43. I like people to act close toward me.

 1. usually 2. often 3. sometimes 4. occasionally 5. rarely
 6. never
- 3 44. I try to have other people do things I want done.
 1. usually 2. often 3. sometimes 4. occasionally 5. rarely
 6. never

FIRO B, Page 5

- I like people to invite me to join their activities. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 6. never
- I like people to act cool and distant toward me. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 46. 6. never
- I try to influence strongly other people's actions. 1. usually 21. often 3. sometimes 4. occasionally 5. rarely 47. 6. never
- I like people to include me in their activities. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 48. 6. never
- I like people to act close and personal with me. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 49. 6. never
- I try to take charge of things when I'm with people. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 50. 6. never
- I like people to invite me to participate in their activities. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 51. 3 6. never
- I like people to act distant toward me. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 52 5 6. never
- I try to have other people do things the way I want them done. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely · 53. 6. never
- I take charge of things when I'm with people. 1. usually 2. often 3. sometimes 4. occasionally 5. rarely 54. 6. never